What you need to know about

Thunderstorm/Lightning Safety

General

- Stay indoors and don't venture out unless absolutely necessary.
- Don't use the telephone!
- Unplug your television from the cable outlet or conventional antenna.
- If there is a power failure, turn off all electrical appliances and switches before the power comes back on. This may avoid damage if there is a power surge.
- Increase your awareness and be on the watch for high winds or hail. Monitor your portable radio.
- Golfers should take heed: leave the golf course and seek shelter.
- Don't take a shower or a bath. Water and copper tubing are excellent conductors of electricity.
- Get out of the water and off the beaches.
- Stay in your car if you are travelling. Automobiles offer excellent protection because the rubber tires insulate the car from being grounded.
- If you are driving use extreme caution. Visibility may be impaired by downpours. Inspect and replace wiper blades regularly.
- Automobile braking may be reduced by water on the road. Occasionally test your brakes by pumping them.
- When shelter is not available avoid standing near or under a tree.
- Never touch downed power lines. Dial 911 or the local power company immediately to ensure that the line is turned off so repairs can be made.

Military (Field Environment)

The most common military activities that result in lightning strikes to soldiers are using field phones, electrical equipment, computers, switchboards, and radios. Use the safety points below to manage the risks associated with thunderstorms.

- Do not wear metallic objects
- Avoid high places, hilltops, isolated trees, open spaces, ponds, lakes, oceans, deep standing water, wire, and electrical equipment
- Ground all your equipment (I.e., Kevlar helmet, ALCE pack, weapons, knives, radios, and any other metal or electrical equipment)
- Move to low ground until lightning stops or further instructions are issued.
- Indicators of a potential lightning strike
    - Your hair stands on end
    - Tingling feeling
- Actions to take
    - Drop to knees and bend forward, putting hands on knees
    - Do not lie flat on the ground or place your hands on the ground